

Basic Report 11239, Mushrooms, Chanterelle, raw [a](#)

Report Date: March 24, 2015 21:20 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 54g	1 piece 5.4g
Proximates				
Water	g	89.85	48.52	4.85
Energy	kcal	38	21	2
Protein	g	1.49	0.80	0.08
Total lipid (fat)	g	0.53	0.29	0.03
Carbohydrate, by difference	g	6.86	3.70	0.37
Fiber, total dietary	g	3.8	2.1	0.2
Sugars, total	g	1.16	0.63	0.06
Minerals				
Calcium, Ca	mg	15	8	1
Iron, Fe	mg	3.47	1.87	0.19
Magnesium, Mg	mg	13	7	1
Phosphorus, P	mg	57	31	3
Potassium, K	mg	506	273	27
Sodium, Na	mg	9	5	0
Zinc, Zn	mg	0.71	0.38	0.04
Vitamins				
Thiamin	mg	0.015	0.008	0.001
Riboflavin	mg	0.215	0.116	0.012
Niacin	mg	4.085	2.206	0.221
Vitamin B-6	mg	0.044	0.024	0.002
Folate, DFE b	µg	2	1	0
Vitamin D (D2 + D3)	µg	5.3	2.9	0.3
Vitamin D	IU	212	114	11

Footnotes

^a Ergosterol = 61 mg/100 g.

^b Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, 5-Formyltetrahydrofolic acid

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